

# Teriyaki chicken with a colourful salad

Total time **25 mins** 10 mins preparation time 15 mins cooking time

Nutritional facts (per portion):

**1376 kJ / 328 kcal**

## INGREDIENTS

4 portion(s)

**For the chicken:**

**4** chicken breasts, with skin on

**6 tbsp** Kikkoman Teriyaki Marinade

**2 tbsp** sunflower oil

**For the salad:**

**1** Lettuce leaves, shredded orange pepper, deseeded and thinly sliced

**6** radishes, thinly sliced

**8** cherry tomatoes, halved

**0.25** cucumber, thinly sliced

**Dressing:**

**2 tbsp** rice vinegar

**2 tbsp** Kikkoman Naturally Brewed Soy Sauce

**1 tbsp** honey

**2 tbsp** sunflower oil

## PREPARATION

### Step 1

For the chicken, using a sharp knife, slice the breasts across at 1cm ( $\frac{1}{2}$ in) intervals without cutting all the way through them.

### Step 2

Place the chicken breasts side by side in a shallow dish and pour over the Kikkoman Teriyaki Marinade and Sauce, making sure the chicken is well coated on both sides. Cover with cling film and leave in the fridge to marinate overnight.

### Step 3

Heat the oil in a large, heavy frying pan. Lift the chicken breasts from the dish and place in the pan, skin side down. Cook over medium heat for 5 minutes until the skin is browned.

### Step 4

Lower the heat, turn the chicken breasts over and pour in any sauce left in the dish.

### Step 5

Cover the pan and cook for 10 minutes and then uncover it and cook for a further 5 minutes or until the chicken is done and the sauce has caramelised.

### Step 6

For the salad, divide the ingredients between four

serving plates. Whisk the dressing ingredients together and spoon over the salad.

### **Step 7**

Cut the chicken breasts into slices and serve alongside the salad.